



PROTECT YOUR FAMILY FROM H1N1

H1N1 (swine flu) is a new flu virus that's making people sick all over the world. It can lead to serious illness and death. Like seasonal flu, this new virus spreads through coughing and sneezing.

H1N1 is most serious for pregnant women, babies, children, young adults, and people with medical conditions. It can cause fever, cough, sore throat, tiredness, body aches, and headache. It may also cause vomiting and diarrhea.

H1N1 vaccine is the best way to protect you and your family. It's made the same way as the seasonal flu vaccine, which has a good and long safety record. Remember, H1N1 vaccine will not protect you against seasonal flu.

H1N1 vaccine comes in two types. The **flu shot** is for anyone six months and older. The **nasal spray** is for healthy people age two to 49 who are not pregnant. With either vaccine, children under 10 need two doses at least four weeks apart. Ask your health care provider about which vaccine is best for you and your child.



People with the flu should stay home and away from others until 24 hours after their fever has passed (without fever-reducing medication).

Get medical care if you or your child have trouble breathing, get severely ill, or have other medical conditions like asthma, diabetes, or heart disease.

HELP STOP THE SPREAD OF THE FLU.

- Use your sleeve or a tissue to cover your cough or sneeze.
- Wash your hands often with soap and water. If you don't have soap and water, use alcohol-based hand gel or disposable wipes.
- Keep your hands away from your face.
- Keep sick children home from school and stay home from work when you're ill.
- Get vaccinated against H1N1 and seasonal flu.

get vaccinated. stop the flu.

Learn more:

www.doh.wa.gov/h1n1

1-888-703-4364 or dial 2-1-1

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